

Are you currently on
a waiting list to talk
to someone?

Do you feel like you
have nowhere else to
turn for help?

We are here to help
you when you need it.

Walk-In Counselling Service

386 Queen Street East
Sault Ste. Marie, ON
P6B 5B4
(705) 945-5050



For More Information Please
Contact Our Offices:

Algoma Family Services, Algoma Public Health and the Canadian Mental Health Association are pleased to partner together to make mental health and addictions services more accessible by offering a walk-in counselling service to children, youth, families, adults and couples.

Algoma Family Services

205 McNabb Street
Sault Ste. Marie, ON
P6B 1Y3
(705) 945-5050

Algoma Public Health

294 Willow Avenue
Sault Ste. Marie, ON
P6B 5B4
(705) 942-4646

Canadian Mental Health Association

386 Queen Street East
Sault Ste. Marie, ON
P6A 1Z1
(705) 759-0458

Walk-In Counselling Service

Session at a Time



Walk-In Counselling Service

The Walk-In Counselling Service pilot program is a brief counselling service that provides immediate access for children, youth, adults, couples and families. There is no need to make an appointment as we work on a first come, first served basis.



Our services are provided by trained registered counsellors. Services are:

- Assessment free
- Confidential
- Handicap accessible
- Located on a main bus route

Services for Children, Youth and Their Families are Proudly Supported By

MEDAVIE
HEALTH FOUNDATION

Let's Get Started

Where:

Canadian Mental Health Association
386 Queen Street East, Sault Ste. Marie
(Queen Street Entrance, 1st Floor)

When:

Tuesdays, 11:30 a.m to 7 p.m (last session at 5:30 p.m)



What Can I Expect?

You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-1^{1/2} hours and will address **your** concern. You may experience a short wait at the office until a counsellor is available.

Who Can Access Services?

Children, youth, adults, parents, couples and families. Please feel free to bring your personal support (friend, family member, support worker, etc.)

Partners

The Walk-In Counselling Service consists of a partnership between Algoma Family Services, Algoma Public Health and the Canadian Mental Health Association.

Walk-in counselling services for children, youth and their families are proudly supported by the **Medavie Health Foundation**.



Emergency Contacts

Please note this is **not** a crisis or emergency service. If you require immediate assistance, please contact:

Crisis Helpline:

- (705) 759-3398 or 1-800-721-0077

Mental Health Helpline:

- 1-866-531-2600 (toll free)

911 Emergency Services